



SOUTH DAKOTA DEPARTMENT OF AGRICULTURE

WILDLAND FIRE SUPPRESSION

3305½ West South Street

Rapid City, SD 57702-8160

Phone (605) 394-5302 / FAX (605) 394-5305

Web Address – www.state.sd.us/doa

Physician's Check List For Wildland Firefighting Duties

For use in guiding a medical doctor in determining a patient's fitness level for physical exertion.

A wildland firefighter needs to be certified to perform at one of three levels of physical exertion:

- 1) Arduous. Duties involve fieldwork requiring physical performance calling for above average endurance and superior conditioning. These duties may include an occasional demand for extraordinarily strenuous activities in emergencies under adverse environmental conditions and over extended periods of time. Requirements include running, walking, climbing, jumping, twisting, bending and lifting more than 50 pounds; the pace of work typically is set by the emergency situation.
- 2) Moderate. Duties involve fieldwork requiring complete control of all physical faculties and may include considerable walking over irregular ground, standing for long periods of time, lifting 25-50 pounds, climbing, bending, stooping, squatting, twisting and reaching. Occasional demands may be required for moderately strenuous activities in emergencies over long periods of time. Individuals usually set their own work pace.
- 3) Light. Duties mainly involve office type work with occasional field activity characterized by light physical exertion requiring basic good health. Activities may include climbing stairs, standing, operating a vehicle and long hours of work, as well as some bending, stooping and light lifting. Individuals almost always can govern the extent and pace of their physical activity.

Doctor's opinion of fitness level: (please circle)

ARDOUS

MODERATE

LIGHT

Physician's signature: _____ Date: _____

Address of clinic or practice: (Address, city, state, zip code)

Additional space for comments: